



National Nutrient Database for Standard Reference

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Statistics Report 11015, Asparagus, canned, drained solids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	93.98	4	0.651	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	2.14	4	0.146	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.65	4	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.77	4	0.271	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	2.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	11012	04/2013
Sugars, total	g	1.06	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Minerals													
Calcium, Ca	mg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.83	4	0.783	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Phosphorus, P	mg	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Potassium, K	mg	172	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Sodium, Na	mg	287	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2013
Zinc, Zn	mg	0.40	4	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.096	4	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	1.7	15	0.359	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	18.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Thiamin	mg	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Riboflavin	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Niacin	mg	0.954	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Pantothenic acid	mg	0.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	96	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	96	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	21.4	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Betaine	mg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	493	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Vitamin A, IU	IU	822	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Lutein + zeaxanthin	µg	630	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Vitamin E (alpha-tocopherol)	mg	1.22	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	41.3	--	--	--	--	--	--	--	--	Calculated or imputed	11012	12/2002
Lipids													
Fatty acids, total saturated	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
12:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total polyunsaturated	g	0.284	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.269	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1993
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002